

# STUDY SKILLS

# School Success Mantras

- Healthy Nutrition
- Regular Physical activity
- Adequate Sleep
- Study Skills
- Stress Management
- Annual Health Check Ups
- Complete Immunisation
- Supportive & encouraging home & school environment

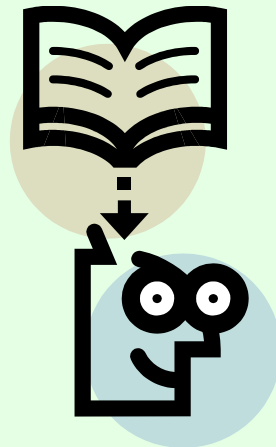
# Study Skills

- Learning strategies
- Classification
  - Preparatory
  - Acquisition
  - Expression



# STUDY SKILLS

- Good study habits are important for success in school
- Study skills foster a feeling of competence & develop positive attitude



*Winners don't do different things-  
they do things differently.*

*--Shiv Khera*



# PRE REQUISITES

- HIGH MOTIVATION

- **SMART GOALS**

**Specific Measurable Achievable Realistic  
Timebound**

- **SWOT** (Strength, Weakness, Opportunities, Threats) Analysis

- Decide to be regular, thorough, systematic & organised

**FROM THE BEGINNING OF THE  
ACADEMIC YEAR**

# STUDY SKILLS

- IN CLASSROOM

Listen

Take good notes

- AT HOME

Schedule time

Concentrate

Organise homework

- Memory enhancing tips
- Revision tips
- Exam taking tips
- REMAIN COOL

# **LISTEN IN THE CLASSROOM**

What is listening?

What is hearing?



# LISTEN IN THE CLASSROOM

- Do not talk
- Preferably sit in the front
- Correlate with previous

**LISTENING IS HEARING  
THINKING**



# TAKING GOOD NOTES

- Prepare the note book
- Take notes
- Write key words & recall
- Revise notes within 24 hours

# PREPARATION

NOTES	RECALL

# TAKING NOTES

NOTES	RECALL
<p data-bbox="340 434 1161 515">Eye is a sense organ.</p> <p data-bbox="146 554 1263 725">It is situated in the orbit in the skull.</p>          <p data-bbox="146 1022 1232 1196">Parts of the eye are sclera, cornea, lens &amp; retina .</p>	

# KEY WORDS

NOTES	RECALL
<p>Eye is a sense organ. It is situated in the orbit in the skull.</p>	<p>What is eye?</p>
<p>Parts of the eye are sclera, cornea, lens &amp; retina</p>	<p>Parts of the eye</p>

# TIME MANAGEMENT

*Time flies.....be its navigator!!!*

# **SCHEDULE YOUR TIME**

To improve efficiency

To avoid last minute anxiety

# TIME SCHEDULING

- List top 5 things in which you waste time
- List time spent in daily activities



# TIME SCHEDULING

List time spent everyday in :

Sleeping

Grooming

Meals

Errands

School

TV

Friends

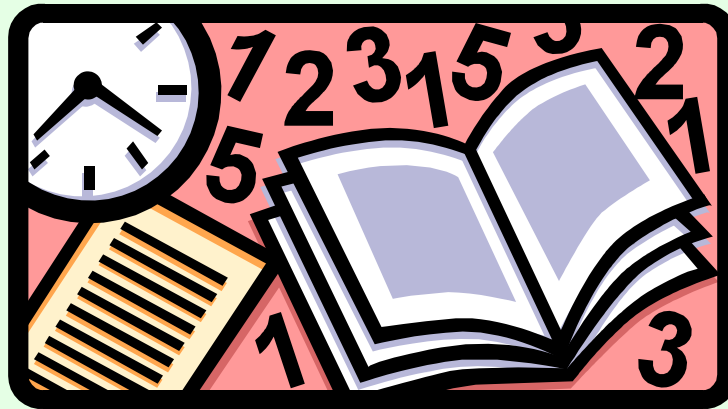
Play & hobbies



# CONCENTRATION

# STUDY WITH CONCENTRATION

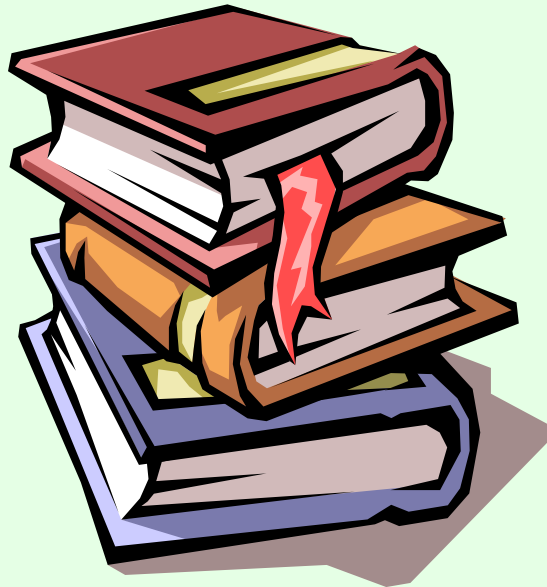
- Set aside a niche
- It should have lighting, ventilation
- It should be away from distractions



# CONCENTRATION

- Divide work into goals
- Read for 50 min & rest for 10 min
- Select a symbol
- Learning style/time/group
- Make studying a habit
- **ENJOY STUDYING!**

*The secret of joy in work is contained in one word - excellence. To know how to do something well is to enjoy it.*  
- Pearl Buck



# HOMework

- Make home work a positive exposure
- Make home work a high priority
- Use home work to improve learning skills



# TYPES OF MEMORY

- Sensory- sense organs
- Short term- limbic system & prefrontal cortex
- Long term- cerebral cortex

# MEMORY ENHANCING TIPS

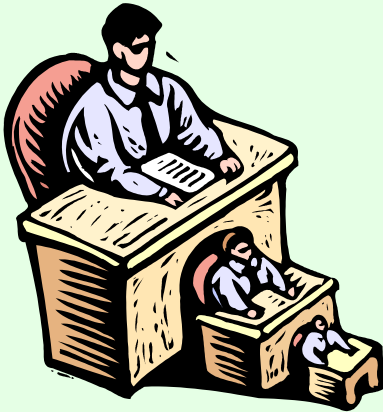
- Mnemonics
- Associations
- Mind mapping
- SQ3R
- Over learning, elaborative rehearsals





# SQ3R METHOD

It is used for reading the textbook thoroughly



Survey

Questions

Read

Recite/Recall

Review

# SURVEY

Read

- Title
- Introduction
- Headings & sub headings
- Graphics
- Diagrams
- Summary

# QUESTIONS

Convert each  
bold heading in  
to one or more  
questions



# READ

- Read one section at a time
- Add more questions
- Do not try to memorise everything
- Write answers to the questions in your own words

# SQ3R

QUESTION	ANSWERS
What are the types of roots?	Tap root & fibrous root
What are the functions of the root ?	<ol style="list-style-type: none"><li data-bbox="685 862 1251 943">1. Fix the plant</li><li data-bbox="685 982 1711 1063">2. Absorb water &amp; minerals</li><li data-bbox="685 1102 1593 1183">3. Hold the soil together</li></ol>

# RECALL

- Recite / re write what you have written
- Try to master it
- **TRY...TRY.....TRY.....AGAIN**

# REVIEW

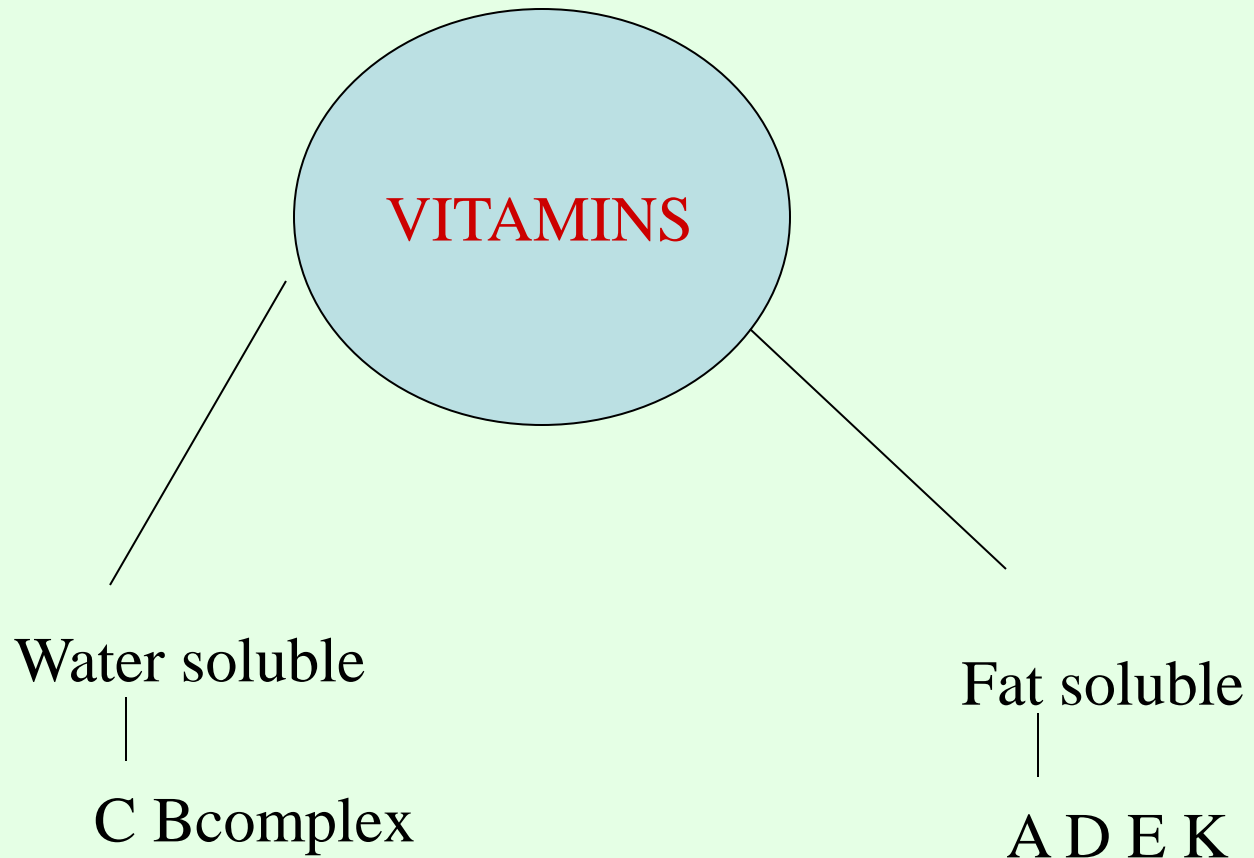
- Review the complete lesson again at the end
- Re- read the portions which you have not mastered
- This would build your memory & organise your thinking
- Revise again & again.....

# FALLACIES OF SQ3R

- Does not hold good when you are reading the lesson the first time
- Does not hold good for English & Maths
- For Maths you need to practice sums again & again.....



# MIND MAPPING



# REVISION TIPS

- **Systematic revision:** 1<sup>st</sup> revision for 10min, **10min** after a 1hr learning period: recall high for 1day  
2<sup>nd</sup> revision for 2-4 min after **1day**: recall for 1week  
3<sup>rd</sup> revision for 2min after **1week**: recall for 1month
- **Start revising at least a week before the exams**
- **Test yourself**

# EXAM TAKING STRATEGIES

- One day before the exam
- On the day of the exam
- During the exam
- After the exam

# EXAM TAKING STRATEGIES

## ONE DAY BEFORE THE EXAM

- Do put together all that you need for the exam
- Do sleep for at least 8 hours
- Revise

# EXAM TAKING STRATEGIES

## ON THE DAY OF THE EXAM

- Get up at least 1 hour before the exam
- Have a light & nutritious meal
- Practice positive statements
- Arrive a bit early
- Avoid last minute discussions

# EXAM TAKING STRATEGIES

## DURING THE EXAM

- Read the question paper
- Schedule it
- Keep 10-15 minutes for revision
- Jog your memory
- Write neatly
- **RELAX & DO NOT BE ANXIOUS**

# EXAM TAKING STRATEGIES

## AFTER THE EXAM

- **AVOID POSTMORTEMS**
- Start preparing for the next exam

# REMAIN COOL

- Try & put in your very best!
- Compete with your past performances!





# THE BICYCLE STORY!

Learn to fall, stand straight & try again with renewed zeal & enthusiasm.

*I am not discouraged, because every wrong attempt discarded is another step forward.*

*-Thomas Alva Edison*

# SUMMARY

- Have SMART goals
- Be motivated
- Use study skills regularly
- Persevere
- Do your best
- Remember the bicycle story..always!

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# References

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- Science of Achievement  
Anuj Khare
- Introduction to Psychology  
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- Study Skills  
Dr Ali Khwaja
- On Track  
Dr Shekhar Seshadri, Dr Saksena, Dr Saldanha
- Bhave's Textbook of Adolescent Medicine  
Dr Swati Bhave
- Handbook on Poor School Performance  
Philip John, George, Mampilly

**THANKS**